

PRIME TIME NEWS

MOUNTAIN VIEW SENIOR CENTER

October 2010

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

SARAH FOSTER
NANCY HUGYIK
JUSTINA LINAN
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Morgan Byler
Jose DeAnda
Rich Stephens
Kari Thorson
Adam Turrey

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

PREVENTING FALLS AND INJURIES

Do you consider yourself an expert in steering clear of potential falls? Join Jessica Terrill and re-familiarize yourself with the fall prevention tips that will help you avoid accidents around the home. Sign up today.

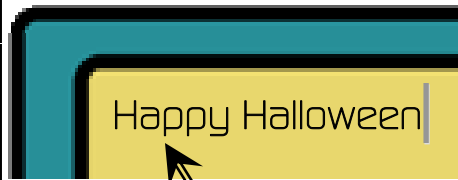
Date: Thursday, October 14

Time: 1:00 p.m.

Location: TBA



INTRODUCTION TO MICROSOFT WORD



Microsoft—a term everyone has heard. What is all the hype? Which of its programs should you be familiar with? Monica Lipscomb will help all beginners learn the basics of Microsoft Word and give a refresher to those who are a bit rusty. Prerequisite—basic computer skills. Sign up early as space is limited.

Date: Thursday, October 21

Time: 1:00 p.m.

Location: Technology Room

HEARING HEALTH WORKSHOP

Think there is nothing you can do for your hearing? You can! Join presenter Dr. David Tang as he sheds some light on the physiology and pathology of hearing. He will share with you how to maximize your hearing level and delay hearing degeneration. Come practice valuable ear exercises! Sign up today!

Date: Thursday, October 28

Time: 2:00 p.m.

Location: Technology Room



**Join us on Wednesday, October 20, for
"Remember our Homecoming" Dance!
Details on page 4.**

WORKSHOPS